

AXIS MUNDI

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The Trouble with Angels!



What is a Vision Quest?
Imbolc and the Horned God
Kathy Jones in Australia and more.....



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The beginning of a circle is also its end. Not I, but the world says it: all is one. And yet everything comes in season. - Heraklitos of Ephesos



Spheres of Light
ABN 46 385 794 818
For general inquiries:
Phone Janine on 0408 025 268
inquiries@spheresoflight.com.au
<http://spheresoflight.com.au/>



In addition to our regular Full Moon Circles we also run workshops and classes which are highly interactive and experiential, focusing on participation and engagement of participants. If you want to keep abreast of SOL's circles, gatherings, workshops and activities please click on the banner below to check out our Events Calendar.



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Off with her head!



I don't know how everyone weathered the last three eclipses but I am feeling somewhat shell shocked. The eclipses brought about six weeks of intensity and I am amazed at the amount of toxic muck that has risen to the surface. The whole month has played out like a dark surreal scene in Alice in Wonderland.

Eclipses especially lunar eclipses have a tendency to work on the emotions, the inner and hidden aspects of our psyche, so I am not surprised that the energies of the past few weeks have caused so much disharmony amongst so many people. In fact the July 1st eclipse brought with it a plethora of angry planets that were unable to cooperate with each other. No wonder the

communications on Facebook of late were so heated at times. There were definitely some very domineering people out there espousing very strong viewpoints and who were coercing people with excommunication if they didn't agree with their terms and conditions.

I actually was one of many people that had been excommunicated from someone's page for opposing a particular viewpoint. Well actually I wasn't opposing I was just referring to a discrepancy in an argument. Evidently it was enough to be permanently extricated from the friends list. Actually it was more than being just unfriended, I was blocked, which prevented me from seeing their comments on anyone else's wall. Well it cuts both ways, but I guess what I have to say doesn't rate that high on the Richter scale anyway.

Did you know that Facebook is a cause of stress with so many people? This stress includes the fear of missing important social information, fear of offending contacts, discomfort or guilt from rejecting user requests. In fact how many people have felt offended by somebody deleting them as an unwanted contact? Facebook has certainly become a social dilemma especially with so much cyber bullying and predator behaviour going around. Many people who started using Facebook for positive purposes have now found that the website has negatively impacted their actual life which is rather sad.

I have personally made so many wonderful friends on Facebook, it has opened up another dimension to communicate and network with people from all around the world. Unfortunately today's communities are often cyber communities where our main chats are via posts on the inter net. We don't seem to have much time for actual face to face communication. It all becomes so impersonal, where people feel they can say hurtful things because they are not speaking directly face to face.

"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others." ~ Anthony Robbins

The Trouble with Angels!



The trouble with angels is that so many people believe that they come specifically from a Christian/Judean belief system when really they are a part of a cosmic creation that pre-exists any religious association. The problem that we as pagans are confronted with is that the patriarchal Abrahamic religious system has tarred and feathered the angels with their brush and has claimed the angelic kingdom as their own. The religion has manipulated and distorted the real nature of the angels to suit their own controlling and fear based agendas. This is the reason why a majority of pagans immediately dismiss them as a valid source of divine guidance. Perhaps what we need to do is develop our own understanding of what they represent and how they can contribute to our own knowledge of the cosmos.

I believe that the angels are just like our gods and goddesses, they have their positive and negative attributes; some will have a role to assist human evolution and others have separate programs that are not necessarily beneficial to our well-being. Angels are supposed to be beings of spirit who have never been incarnated in physical form. They are highly evolved souls who have taken on the commitment within the Divine structure to be the messengers, guardians and teachers of spirit between the Divine force and incarnated beings. Since there is no irrefutable evidence to prove in the existence or non-existence of angels, knowledge about them is based upon legends, beliefs, philosophical interpretations, and phenomenological experiential reports.



Angels have featured in all the major religions of the world, from Islam to Celtic and Hindu to Norse mythology. Images of angels have appeared all over Asia Minor, in different cultures in the ancient civilized world, and westward into Greece and Italy. The earliest religious representation of the angels dates back to the city of Ur, in the Euphrates Valley, c. 4000–2500 BCE. In Mesopotamia, there were pictures of giant winged creatures, part human, part animal, known as griffins. In Egypt, Nephthys, and her twin sister Isis, protect Osiris with beautiful wings. In Norse mythology angel equivalents were the Valkyries who were originally sinister spirits of slaughter, dark angels of death who soared over the battlefields like birds of prey, carrying out a warrior's fate in the name of Odin.



In fact every spiritual religion in every culture on the planet has their concept of Angels and Demons although they are not always exactly the same. Sometimes the theories coincide and overlap and there are others where their ideology is completely different. Sometimes the theories coincide and overlap and there are others where their ideology is completely different.

Here are a few religions where angels are referenced:

Zoroastrianism

Zoroastrianism was founded some time before the 6th century BCE in Persia (Iran). In this religion there are different angel-like figures. It is believed that each person had one guardian angel, called Fravashi. They patronize human beings and other creatures, and also manifested God's energy.

Hinduism

Hinduism has many different types of spiritual beings who act in a similar capacity to Angels. One example is the minor gods, or devas, referred to as the "shining ones". They are said to inhabit the higher astral plane of the divine world. Gods, devas, planets like Sani (Saturn), gurus (teachers), and ancestors all play a protective role for humans.

Sikhism

Sikhism is a monotheistic religion founded in Punjab in the 15th century by Guru Nanak. In Sikhism, the references to angelic or divine deities focus on the liberation of the soul and ultimately joining with Waheguru (meaning Supreme Being or creator). However, in early scriptures written by Guru Nanak Dev Ji he does indicate specific heavenly deities to help in the judgment of the soul. Azrael is named as the angel of death in the Guru Granth Sahib, the holy scripture.

Buddhism

The Buddhist equivalent of angels are devas, or celestial beings. Some schools of

Buddhism also refer to dharmapalas or dharma protectors. In Tibetan Buddhism, for instance, devas are sometimes considered to be emanations of bodhisattvas or enlightened beings. Different schools of Buddhism have different important devas, as they are often derived from pre-Buddhist cultures and religions and not from Buddhist philosophy.

Theosophy

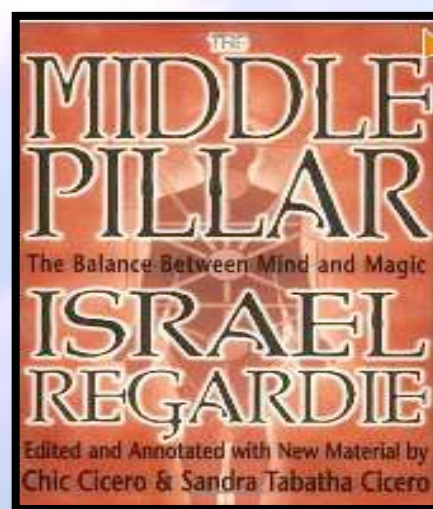
In Theosophy Devas are regarded as living either in the atmospheres of the planets of the solar system (Planetary Angels) or inside the Sun (Solar Angels) (presumably other planetary systems and stars have their own angels) and they help to guide the operation of the processes of nature such as the process of evolution and the growth of plants; their appearance is reputedly like coloured flames about the size of a human. It is believed by Theosophists that devas can be observed when the third eye is activated. Some (but not most) devas originally incarnated as human beings.



Ceremonial Magick, Kabbalah and the Archangels

Ceremonial Magick is a formula oriented, complicated system of magick which demands a thorough knowledge of astrology, Kabbalah and other disciplines.

There are a couple of well-known rituals used in Ceremonial Magick that incorporate Archangels; they are the Lesser Banishing Ritual of the Pentagram (LBRP for short) and the Rose Cross. In ceremonial magic traditions the four directions are commonly related to the four archangels Michael, Gabriel, Raphael and Uriel (or Auriel).

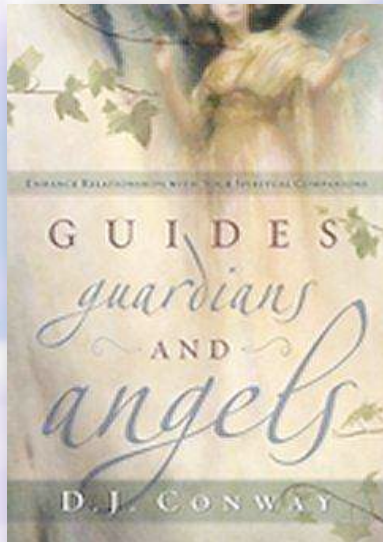


In the book *The Middle Pillar: The Balance Between Mind and Magic* by Israel Regardie, Regardie describes how the influence of the Archangels can be invoked during the LBRP. The archangelic figures are to be seen as emanating a spiritual power that penetrates and cleanses the personality.

From a practical working viewpoint some Pagans have accepted the dominions, roles and correspondences of the angels from ceremonial or ritual magic and have successfully integrated these into their magical practices. There are also an ever increasing number of pagans and other spiritual movements that acknowledge a non-Christian/ Judean connection. They have been developing their own personal interaction with the Angels from a completely different perspective, and are now redefining the Angelic Kingdom from their experiential observations.

Books on Angels from Pagan Authors

Guides, Guardians and Angels By D. J. Conway



Popular author D. J. Conway shows you how to develop a personal and meaningful relationship with your spirit guides to improve your life. Try unique meditations, guided visualizations, chants, rituals, and spells to connect with power animals, nature spirits, Light and Shadow angels, and the spirits of friends, family, and even pets. In doing so, you will experience personal empowerment and tremendous spiritual growth.

Enriched by Conway's own experiences, this book on angels and spirit guides provides unparalleled spiritual guidance, ultimately revealing how the profound impact of these guardian angels and spirit teachers can bring you a sense of peace and direction to your life.

Angels, Companions In Magick By Silver RavenWolf



In this treasury of practical wisdom, magickal techniques and fascinating angel lore you'll find out how to work with angels to create happiness, healing, and abundance; discover your true purpose for this lifetime; and make the world a better place using blessings for peace, prosperity, and protection.

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<http://en.wikipedia.org/wiki/Angel#Theosophy>





SOL Circle
July 15 2011
Full Moon in Capricorn

On the night of the actual full moon in Capricorn, SOL members gathered to connect to the upcoming cosmic shifts which are centred on moving human kind towards their higher aspirations. The Capricorn/Cancer Full Moon is an appropriate time to shift our centre from the focus on our status, family, job, activities and relationships; it is a time to search for our true path, to anchor our stability in our own heart and to root our identity in our own unique destiny.

Originally the ritual was going to be conducted for the April full moon, but the universe had other ideas and so a car with engine trouble resulted in the ritual being delayed and performed for the Capricorn full moon. It was rather synchronistic after all as this kabbalist ritual which involves the archangels seemed to fit in with a recent Facebook topic and an article being prepared for the Axis Mundi.



The participants of this full moon ritual were gathered in the circle, every one faced east and the Kabbalist Cross was performed followed by the Lesser Banishing Ritual of the Pentagram. The circle was then cast and commenced by the power of the dragons. The Archangels were then summoned to lend their power to the rite. Then Our Lady was evoked, “Queen of the Angels, Blessed are you among women, Holy Goddess, Mother of Earth”. Followed by the God. “He, whose name is many, shines through, Our Lord, God, Heavenly Father, In your power and glory”.

While meditating we were asked to observe a star. The star grows larger and larger, moving closer and closer becoming brighter and brighter, seeming to illuminate the whole sky. From the centre of the star, a figure begins to form; this image is an angel. The angel gives a gift of a rose quartz crystal which vibrates with energy in your hand. At this point each person is able to commune with the angel. At the end of the meditation the angel is now standing in front of you holding a cup of water offering it to you. You take the cup and drink the water. The angel says ‘it is the water of life, of rejuvenation and purification’ you feel its energy penetrating every cell within the body, feeling it balancing and harmonising, throughout the body.

Everyone then had an opportunity to share their experiences and then the circle was closed and we all finished the evening with our usual feast. More information regarding this circle and past circles can be found in our Book Of Shadows. Our next Full Moon Circle will be held near Engadine on Friday August 12, 2011. Please contact us for further details if you would like to attend.



IMBOLC

JULY 31/AUGUST 1

Also known as Imbolg, Candlemas, Feast of Torches, Oimelc, Lupercalia and Brigid's Day

Imbolc is the time of the beginning of beginnings, the time to consider carefully what you will do with the year stretching before you. Imbolc brings the awakening of the life force when the first green shoots of bulbs appear. Life is stirring again and this marks the Goddess recovering after giving birth while the newborn God is depicted as a small child nursing from his mother. The God is growing, spreading sunshine all around causing things to grow. It is a time to honour the feminine and get ready for spring. At Imbolc, the Australian forests are bright with the colour yellow, the Acacia trees coming into full flower. Until fairly recently, the 1st of August was "Wattle day" in Australia (it has now been moved to the 1st of September).

What is a vision quest?



The vision quest, like an initiation, has many purposes; the most important is finding balance, clarity and focus from your higher consciousness, and from spirits or totem animals that join you during this journey. Sometimes a simple meditation is all that is required to achieve a connection with your higher vision.

The vision quest is all about your willingness to accept the necessary changes and messages that align with your personal and spiritual objectives during this experience.

A vision quest is a quest for insights as to where you are travelling physically, emotionally, mentally and spiritually. In ancient cultures young warriors were sent out into the wild to listen to the voices of the living earth. The elders taught them to do this to find their role in life and to find their power animal helpers.

The person on the vision quest often spent days or weeks in caves, on mountain tops, on rivers, in the desert, waiting, and inviting the voices to come to them. When they have heard the voices and saw their vision, they would return to their tribe knowing who they were and what they were to do.

A vision quest can help you unravel complications and mysteries in your life

and to help you find your way through any situation. In life we must face our self, our shadow and learn to live from our strengths rather than our weaknesses. We must learn to face our fears and we must find our ground and determine our place, whether as a solitary, in a partnership, or in the community. In this quest we are called to find our "medicine," our own unique path to self-actualisation and to find that special gift that we can share with the world.

Using a combination of journeying, ritual and meditation and through the awakening of all five senses - smell, taste, touch, hearing and sight - you are taken on a journey into yourself to discover your next step and how to get there.

As with a true vision quest, surround yourself in a circle with stones, crystals, items that are special to you, that can add power and vibrations to your special journey. This is a very powerful experience and will awaken in you, new power and a sense of freedom to be just you!

Jaguar as a Power Animal



At our recent Dark Moon circle, the group went through a vision quest to connect with guides for our higher learning over the next 12 months. My guide presented as a beautiful black jaguar with the most piercing blue eyes. The advice that I received was that I should see the pathways within chaos and once understanding the patterns of chaos, I should move without fear in the darkness. As a shadow dancer I should test the pathways before moving forward on unknown roads, and that I should be more discerning with the people that I connect with as not everyone shares the vision of SOL. I evidently need to reclaim my power and become smarter and more discriminating in the projects I take on.

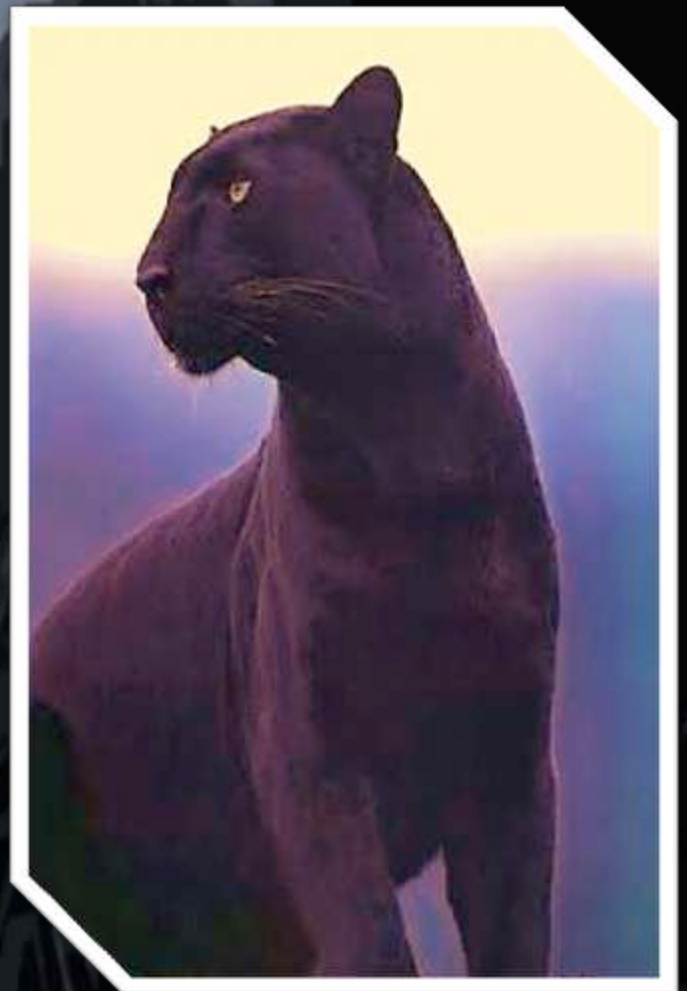
Evidently people with a Jaguar medicine have the ability to multi-task. They tend to be loners and are very comfortable with themselves. Which is quite correct to a point, I actually do multi-tasking but I am somewhat disorganised at the moment and yes, I am definitely comfortable with myself and am happy to be alone.

Jaguars are at home in the dark with their excellent night vision. They move fearlessly, whether night or day, teaching us how to trust our personal instincts. When the jaguar comes into your reality it is asking you to go within, to release your fears, to heal your emotions and to awaken your inner sight.

Interestingly, the role of the person whom the Jaguar journeys with is that of the Shaman, it is the destiny of their calling. Shamans serve as a bridge between the worlds and as such can hear, see and communicate with the "Spirit World."

Throughout the journey, the Jaguar soul will encounter numerous scenarios set up by the psyche as a means to facilitate transformation, often they will drive themselves to the point of physical, mental or emotional exhaustion until the breaking point is reached. Then, once they have burned themselves to the ground, they will arise much like the Phoenix in a new form with new eyes and a new cycle awaiting them.

http://wolfs_moon.tripod.com/JaguarTotem.html



Flame of Brigid

By Janine Donnellan



***May I walk with your fire ignited
May it burn in the depth of my soul
May the cycles of life be my rhythm
May I dance with the ebb & the flow***

Brigid was first worshipped in ancient Celtic times; she was the daughter of the great Irish God Dagda, the 'Good Father'. She had two sisters who were also named Brigid. Taken together, they were called the 'Three Mothers', 'Three Sisters', or simply the Goddess Brigid.

Brigid is one of the most revered and well known Goddesses of all time. She is the divine feminine, mother and hardened warrior. She is well known as a fire goddess and she radiates with light and warmth. A goddess that carries a hammer and commands the power of the flame, she is a Goddess that you could work with to give you the determination and the energy to get that project done.

Like all women she is a multi-tasker, she is a healer, a mother, a poetess, a midwife, a protector of children and livestock and a sympathetic deity that will assist you in finding balance within yourself.

Brigid encourages you to be that warrior and stand in your power and not to be afraid to speak up for what is right. The flame within you illuminates the truth, but it is up to you to carry that flame forward so that all truth might be illuminated. The fires may burn within your heart, within your being, but they will not manifest in your world unless you yourself have the courage to do what you have to do. Brigid ignites you with inspiration and reminds you that a life without the fire of courage is a life not fulfilled.

May Brigid bring you a light of hope during these dark, cold and dismal winter months. May Brigid's fire burn deep within your heart so that it can be the source of power to ignite that creative spark to enable you to fulfil all your hopes and desires.

Blessed Imbolc.

Imbolc and the Horned God

by Craig Phoenixwolf



In the dead of winter The Horned God sits upon the throne of the underworld. Cold winds howl mournfully across the land. But soon the Spring will return. Imbolc brings with it the promise of a brighter and warmer tomorrow.

The Horned God leaves the underworld and looks at the Earth. His light begins to shine and his blessings on the Earth begin new life. As the Lord of the Underworld, he was a guardian of the dead. Once more we see The Horned God take on the role of the Lord of Light. Guardian and protector of the land and beasts. We also see him turn to The Goddess at this time.

Through the love of The Goddess, The Horned God is renewed. The wheel of the year turns. The cycle of

the seasons progress. Just as the year progresses there are changes in our lives. Maybe you have had a change of career. Maybe you have had a change of lifestyle. Some change, like the cold of mid-winter is not always welcome but as the weather turns so can our fortunes.

Recently I have been faced with looking for work but with that came the opportunity to spend a little more time with my daughters and to explore other interests. One thing I have learned in my journey as a Pagan is the importance of balance. Balance is a part of the natural order of thing. The Goddess is balanced by The Horned God. The feminine is balanced by the masculine and the bad is balanced by the good.

When we celebrate the cycles of the seasons, the changing from winter to spring. When we celebrate the hope for the coming season we also give thanks for the things that have passed behind us.

We give thanks to The Horned God and to The Goddess for seeing us through the darkness and for giving us the gift of the coming light. We stand outside in the sun and feel the first hints of the coming warmth. We look at the life beginning around us and know the The Horned God is back watching over us.

A TALE OF SIX BROTHERS

By Amethyst

Some weeks ago I had a vision of 6 brothers & that they were joined and separated by an event of historical proportions. This is their story.

In the far distant past, so far distant that this time has gone beyond myth and legend, there live "The People". They had no name for themselves, they simply existed. They hunted, gathered and farmed, but always with care for their environment. After all if they looked after it, they were in turn provided for all of their wants.



The people lived in peace (relatively so) and harmony. They had rules or laws about how things should be done, and if you disagreed with these rules then you brought the matter up at the regular meetings. When one of the people reached adulthood, their name was placed on the roster of supervisors of these meetings. They only served one sun cycle before their name went to the bottom of the roster, which might mean that they never served again as a supervisor for the rest of their life.

"The People" lived this way for longer than anyone could remember and "The People" grew fruitful and multiplied. But they lived according to

the rules/laws and life was mostly harmonious. Among "The People" lived a man and woman.

This couple had seven sons, and while they were all young, life was good.

But as the 7 sons grew to manhood, they began to disagree about everything. The brothers could not agree with each other, and sometimes they nearly came to blows. This was unheard of among "The People", and a meeting was convened to settle this families differences.

At this meeting, there was much heated discussion that went on for days and days without any agreement being reached. This had never been heard of before in all their history. At last one brother, the middle one, spoke up and said that they, The Family, must abide by the decisions reached at this meeting. The meeting was suspended while the 7 brothers talked over the decisions reached.

Throughout the night, the next day and the following night, there could be heard talking, arguing, more talking, more arguing and then suddenly a loud scream rent the night, then suddenly silence. Upon investigation, it was found that one of the brothers had been stabbed to death, but how had this happened. Only the 7 brothers were in the room, no one else was there.

In all their history, this had never happened before. The brothers were questioned individually about what had happened? Each brother refused to say who was responsible; they were at last united in something.

The People called a mighty council to decide what to do, and the only thing they could decide on, was to send each of the brothers off into the wilderness. But each brother was to be sent in a different direction. This caused much anger among the young men and women. They formed a council of their own & decided that they would go into the wilderness with the brothers.

So The People were divided into 7 groups. The elderly, sick or infirm stayed at the original settlement with the ones who did not want to leave; and each of the 6 brothers went in different directions, taking their friends with them.

This was the ending of the time of peace.

Stray Thoughts, Energies & Circles

By Rayvensclaw

Just the other night while I was with a group of dear friends, we were casting a circle in a hall with all the normal things, you know windows, doors and the like, all the “normal” things we take for granted. I started thinking what it was like in ancient times and then so many things came to mind.



Where do we perform ritual?

Any ritual whether we are Druids, Witches or the like is created from within us and essentially we need no tools or elaborate settings beyond what we take into the circle and afterwards what we leave with.

We can draw the red earth power through the soles of our feet, silver light energy from the moon and gold light energy from the sun. We can also utilize the energy from the trees, herbs and crystals and don't forget our guides who are also there to help and protect.

Each ritual that is performed is influenced by the unique energies of the time, day and the place we hold our circle, which also incorporates the energies of the current moon phase, the sign of the sun and the season.

From a shamanic perspective, when you tune into your own energy centres you also tune into the energy of the natural world and the

animals that are a part of that world. The other night at our Dark Moon circle there were people tuning into animals like Panthers, Ferrets, Bears, Giraffes, Wolves and Bulls, and we all could feel their presence in the hall with us.

Ancient rituals were held in fields, caves, forests and even near lakes, and I believe the energy from these early rituals has been absorbed within the earth and can be tapped into as source of power and knowledge. Indeed many cathedrals throughout Europe have been built where ancient rituals were performed knowing that this energy/power could be utilised by their religions to give strength to their ceremonies.

Casting Circles

If you watch water going down the drain, the Sun and the Moon moving across the sky, all point to a particular direction. This is a guide to which is the most harmonious direction for your circle casting. Yes I know different groups and people cast as they feel and that's great too, if it works for them then more power to them, this is just an observation.

In the Northern hemisphere the circle is cast clockwise which links with the passage of their sun through the skies. In the Southern hemisphere the circle is also cast sun wise, but in the Southern hemisphere the direction is anti-clockwise. You can incorporate both directions however, by casting a triple circle encompassing both directions. When casting a triple circle using salt, water, incense and fire. The first circle is cast in the direction of the sun (anti-clockwise. Southern) then the second is against the sun (clockwise) and the third circle is sunwise (anti-clockwise) again. The two-directional circle does not undo the energies, quite the contrary because it brings together male and female polarities, God and Goddess, day and night, heat and cold and anything else that comes to mind. The spiralling energies create a powerful protective circle and when performed outdoors they link in with the energies of earth and sky which is concentrated as a vortex in the centre of the circle.

Reference: Cassandra Eason.
Witchcraft & Wicca issue 19

Meditation in the Royal National Park



Spheres of Light conduct meditations in the Royal National Park, Sutherland on every third Sunday in the month.

It is an opportunity to come together as a group of like minds and to be at peace with nature and experience a Shamanic journey through meditation. It allows nature to speak to you and become part of your inner landscape in the same way that the ancient ones paid attention to the signs and symbols of the cosmos. The mystical path of direct knowing is the world's oldest form of communion with the Source and is based on a deep, living relation to Nature.



When you are in harmony with nature you can hear the voice of the wind, you can understand the language of the birds and the message they bring to you. Listen to the sound of the water as she sings her ancient songs and feel the air blowing against your face whispering its secrets to your inner soul. When you meditate with nature and you listen to what it has to tell you, you connect with Mother Earth and you become present to her innate call.

Meditation is simply the process of stilling the mind so that all wants, needs, and desires disappear which allows the Universe to enter and heal and to inspire.



What is Meditation?

Meditation is the art of clearing the mind of all mundane thoughts, feelings and the general noise of day-to-day living. It is a state of relaxation and peace, a state where you can control what you deal with and which thoughts and feelings you allow to pass through your consciousness.

When you meditate the brain enters an altered state of consciousness - known as 'alpha' - a state also entered during deep relaxation and dreaming. In the alpha state the brain waves register at between eight and fourteen cycles. This is close to the background energy cycles of the Earth itself. It is in the alpha state that we are able to enter and explore the other planes of reality that include the astral and spiritual planes creating a situation where we are much more open and receptive to the energies that exist

all around us, rather than just those on the more commonly recognised physical plane.

Brain Wave Activity



There are four different levels of brain wave activity and these four levels represent the stages of activity, which change as we go from being mentally alert to a relaxed state and then from sleep to deep, dreamless sleep.

According to their frequency, brain waves are divided into the following four main groups:

Beta:- 14hz plus
Alpha:- 8- 14hz
Theta:- 4- 8hz
Delta:- 0.3-4hz

Beta, 14hz +

Most adults operate in this frequency when they are fully awake and alert. This is generally associated with left-brain thinking. The logical, critical, analytical thinking mind, the fully conscious mind.

Alpha, 8-14hz

Generally associated with right brain thinking or the subconscious mind. This is a relaxed state of day dreaming, also associated with accelerated learning

Theta, 4-8hz

Deeply relaxed, dreaming, associated with the subconscious mind, but the deeper subconscious that brings forth insights and bursts of creative ideas.

Delta, 0.3-4hz

Generally associated with being unconscious, which is a no thinking state of regeneration and rejuvenation. Also a state of super conscious in meditation, body asleep, mind awake.

Rhythmic Sounds

Music and meditation can be an ideal combination to take you into higher states of consciousness. Studies have also shown that vibrations of rhythmic sounds have a profound effect on brain frequency. In shaman traditions the periodic beating of a drum at 4.5 beats per second was the key to transporting the shaman to a higher consciousness. The Buddhists chants are designed for the same reason.

Please check out [Spheres Of Light's Healing Room](#) where there are several meditations to listen to.

What are the physical benefits of Meditation?

Meditation has the effect of slowing respiration and decreasing the heart rate, thus lowering blood pressure. Because it creates a state of deep relaxation, meditation has several health benefits including strengthening the immune system and improving circulation, as well as increasing perceptual ability and decreasing anxiety. It is particularly effective in managing ailments aggravated by tension.

Visualisation

Did you know that the brain cannot tell the difference between reality and visualization? We become stronger, physically and mentally, when we relax and apply visualisations to improve our health. If we concentrate on that we are all able to move ourselves larger than the problem or the

illness, we are able to rise above the problem. You may not be aware that we are all able to move ourselves forward, mentally through the process of utilising meditative techniques. Start with creating simple images in your mind such as an image of a tree, or an apple, and gradually you can start building up quite complex images and actions.

Grounding

At the end of any meditation it is important to ensure that you are properly and fully grounded. Grounding is a way of ensuring that any excess energy that has been accessed through meditation is returned to the earth rather than left buzzing around one's system - it works in a similar fashion to a grounding wire in an electrical system. After bringing oneself out of the meditation, move your fingers, arms and legs. If you still feel ungrounded you can simply visualise excess energy flowing back into the earth for a few moments. If this does not seem to be enough, then kneel on the ground and put your palms flat on the ground and do the same or simply go hug a tree. Eating and taking a drink can also help this process considerably.

If you would like to experience a meditation in the park contact us at:
inquiries@spheresoflight.com.au

Photos of the Royal National Park



References:

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Making a Crystal Pouch

Need something to store your crystals in? Here are step by step instructions on how to make a crystal pouch.



Step 1



Start with 4 circles, 2 large & 2 smaller

Step 2



Sew the two smaller circles together

By Amethyst

Step 3-Pin the smaller circle to the larger



circles & stitch the pocket divisions

Step 4- Join the two large circles together



& clip the edges before turning.

Step 5



Sew bias binding to outside edge.

Step 6



Insert cord and draw up.



Finished Pouch

embrace
... life, love & each other ...

CONNECTING WITH YOUR SPIRIT GUIDE WORKSHOP

Sunday 28th August 2011



This is a two hour workshop where we will discuss the various kinds of spirit guides that one can have, how to find them, communicate with them, and develop a working relationship with them.

We will work shamanically with a guided inner journey, using rhythmic rattling and drumming to support the process of concentration and tracking.

**Where: Embrace, Shop 1015 Westfield,
Miranda NSW 2228**

When: Sunday 28th August 2011

Time: 5:30pm - 7:30pm

Cost: \$60 includes notes and supper

Bookings: 02 9531 0009

KATHY JONES IN AUSTRALIA



Priestess Initiator & Teacher, Kathy Jones has spent the last 30 years living in Glastonbury, also known as the Isle of Avalon, learning of the ways of the Goddess in this ancient and sacred place.

She is a Priestess of Avalon and has played a key role in bringing back awareness of the Goddess into Glastonbury. She is the author of several well-loved Goddess books, including *In the Nature of Avalon*, *The Goddess in Glastonbury*, *The Ancient British Goddess*, *Spinning the Wheel of Ana*, *On Finding Treasure*, and *Breast Cancer: Hanging on by a Red Thread and Chiron in Labrys* (all Ariadne Publications).

Kathy is a teacher of priestesses, offering with Erin McCauliff a three-year training to become a Priestess of Avalon. She is a co-founder of the Glastonbury Goddess Temple and organiser of the fabulous Glastonbury Goddess Conference.

FULL TOUR ITINERARY OF WORKSHOPS

MELBOURNE 30 – 2 OCTOBER 2011

Friday 30 September 2011
1 day workshop - Sacred Drama
Saturday 1 October 2011
1 day workshop - The Ways of Avalon
Sunday 2 October 2011
Morning - Releasing and Healing
Afternoon - Sounding our Souls

With Anique Radiant Heart
For info and to book
tricia.gaiasgarden@gmail.com

CANBERRA WEDNESDAY 5 OCTOBER 2011

One day workshop
Morning
The Ways of Avalon
Afternoon
Releasing What Is No Longer Needed
Contact
hollie@lunation.com.au

BLUE MOUNTAINS 7 – 9 OCTOBER 2011

Friday 7 October 2011
The Ways of Avalon
Saturday 8 October 2011
What is a Priestess?
Sunday 9 October
Releasing and Healing
Contact
pagaian@bigpond.net.au

GAIA GODDESS CONFERENCE FRINGE 13 OCTOBER 2011

One day workshop
The Ways of Avalon
And
What is a Priestess?
Anique@herwill.net

Crystals ~ Rhodonite

By Maria



It is the first piece I completed when I joined at lapidary.

The crystal is Rhodonite. The original piece of Rhodonite was longer but I dropped it, snapping it in two. So I kept one piece, the longer one, (see picture) my mother is the recipient of the other.

Rhodonite (Greek word rhodon which means rose), it is available in dark red, flesh red with black dendrite (meaning mineral crystallised in a shape of a tree) inclusions.

As stone of love, Rhodonite works with the heart chakra, the centre of love, that of self and others. The black inclusions in Rhodonite assists in keeping you grounded and balanced (Root chakra).

This stone calms emotions thus helping you to focus on what is important to you. It does this without being intrusive.

Rhodonite is also a protective stone and an ally in unpleasant situations. My work at times becomes stressful and negative. I find that when I wear my pendant I am calmer, more focused and the negativity dissipates.

Rhodonite is a stone that promotes relaxation and a sense of wellbeing. Its loving energy opens your heart and mind to your potential and purpose.

On the physical level Rhodonite assists in many areas:

- Excellent wound healer
- Supports liver function stimulating detoxification
- Limits the damage from wounds, from small cuts to deep cuts
- Promotes fast healing of wounds by eliminating toxins
- Prevents the formation of scars from open spots and acne
- Relieves insect bites

Time sure does go fast. This month's crystal was due before I knew it and what a struggle! I had started to write the article, only to find that it was the wrong one, so I was back to the question of which one is suitable for this month.

There are times when the most obvious is missed; well I can say that it was the case with this month's crystal.

I literally had it under my nose. It is one that I wear often and the first one I had for prosperity and good fortune, which brings blessings of abundance to everyone who works with it.

- It aids bone growth
- Very good for speech and hearing problems
- Stimulates fertility
- Treats emphysema
- Treats auto-immune diseases and stomach ulcers
- Eases inflammation of joints and arthritis
- Supports liver functions stimulating detoxification

It is a good stone to use in rituals where a stressful relationship needs to be healed. This stone helps to strengthen mantras, chanting, affirmations, singing and toning. If you practice magic and/or healing, this stone can help you to promote an energetic balance within you and throughout your immediate environment.

(The word lapidary means “concerned with stones”, which is where one can form tone, mineral, gemstones, and other suitably durable materials into decorative items such as engraved gems, including cameos, or cabochons, and faceted designs. Wikipedia/Lapidary)

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ARCHANGELS Amethyst

An Angel puzzle

N	T	S	E	W	E	S	M	S	H	U	W	M
T	S	U	M	N	A	I	U	Q	A	R	Y	N
O	L	N	H	S	E	N	I	N	R	U	O	F
W	E	D	N	E	S	D	A	Y	S	I	S	S
E	G	A	B	R	I	E	L	W	T	A	U	R
R	N	Y	U	I	M	P	L	A	T	N	I	A
A	A	S	O	O	O	E	D	U	A	H	R	P
U	S	O	O	C	A	N	R	R	P	D	A	H
N	U	N	A	H	U	D	U	C	E	L	U	A
O	G	G	C	O	A	E	F	R	U	T	Q	E
M	A	I	F	Y	F	N	I	S	I	R	A	L
E	M	M	A	G	I	C	I	A	N	E	Y	W
L	G	S	H	E	M	E	S	H	R	W	L	N

ANGELS
 AQUARIUS
 FOUNDATION
 FOURNINES
 GABRIEL
 INDEPENDENCE
 LEMON
 MAGICIAN
 MAGUS
 MERCURY
 MICHAEL
 MOON
 RAPHAEL
 RAQUIA
 SATURDAY
 SHEMESH
 SUN
 SUNDAY
 TOWER
 URANUS
 URIEL
 WATER
 WEDNESDAY
 WEST

HERBES ~ Basil

(Sweet)

By Amethyst



This should be a tasty herbe for Candlemas!

BASIL (Sweet)

Latin Name: *Ocimum basilicum*

Planet: Mars

Zodiac: Scorpio

Element: Fire

Gender: Male

Deity: Krishna, Vishnu, Erzulie

Part Used: Leaf & Stem

Magickal: Greene Herbe, Fertility Herbe, Funereal Herbe, Herbe of Consecration, Herbe of Immortality, Herbe of Purification, Magickal Herbe, Religious Herbe, Visionary Herbe.

Folk Names: Albahaca, American Dittany, Balanoi, Basil, Chahchabram, Chiu Ts'Eng T'A, Dama-Kasseh, Feslegen, Feslien, Herbe Royale, Hung que, I Tzu Ts'Ao, King Of Herbs, King Of Spices Lo Le, Mreas preou, Njilika, Ofgahng, Our Herb, Raihan Al Malik, Raihana, Rainan, Selaseh, Selasih, Selaseh hitam, Selaseh jantan, St. Joseph's Wort, St. Josephwort, Taibedle, (sometimes wrongly called) Tulasi (Holy Basil or *Ocimum tenuiflorum*), Witches' Herb.

LORE

There are many rituals and beliefs associated with basil. The French sometimes call basil "l'herbe royale"; while in Welsh it has the synonymous name "brenhinllys". It is referred to in Jewish, Portuguese, European, African, Hindu & French lore. The Orthodox Churches of Greek, Bulgarian, Serbian, Macedonian and



Romanians are said to use basil to prepare holy water and pots of basil are often placed below church altars. It is said to have been found around Christ's tomb after his resurrection.

Basil is supposed to represent hatred in ancient Greece. In Europe, basil is placed in the hands of the dead to ensure a safe journey. In India, they place it in the mouth of the dying to ensure they reach God. The ancient Egyptians and ancient Greeks believed it would open the gates of heaven for a person passing on.

Some cultures believe that the scent of fresh Basil brings a level of sympathy between two people and can soothe tempers. Because of this belief it was added to many love incenses, and the perfume industry still uses it as an ingredient in many blends today. Even rubbing the fresh leaf on your skin was considered to be a kind of love perfume. In Europe there was a practice by young women to hand a sprig to a young man - if the man accepted the sprig, he would love the woman forever.

Basil has an old association with the basilisk, which explains its contemporary correspondences with such creatures as salamanders and dragons. The basilisk was a mythological reptile with two fatal weapons, its fiery breath (possibly the source of the modern phrase "dragon breath"?) and its evil eyes. Consequently basil became associated with scorpions.

USAGE

You can use this type of basil to invoke salamanders, the elemental creatures of fire. Dry and grind basil, spooning it upon burning charcoal as incense. You may also use basil in the ritual cup, drinking a magically prepared tea in order to meditate upon dragons or salamanders and to establish communion with these beings as astral entities.

As one of the best herbs for a person preparing for initiation, it can be used as a bathing herb before receiving a sacrament, burned as an offering, worn as an ornament or taken as a drink prepared with food. Burn

basil for vision questing. Witches flying ointment is made with the juice of basil.

Basil can be used for those needing courage. It will bring strength, and help you move forward in a positive manner no how perilous the danger. Basil is known for its quality of protecting the seeker from fears as they move along the astral path.



You can burn basil to exorcise negativity from the home, and to do a really thorough cleansing and protection of yourself and your home, also sprinkle a little basil in each corner of each room in the house and add to your bathwater. Place basil leaves in your wallet to help in the aid of monetary needs.

BASIL SWEET RECIPES

Basil / Myrrh Incense Powder

For Male / Gods:

3 parts Basil - dried and ground to a powder.

1 part Myrrh - ground to a powder.

For Female / Goddesses:

1 part Basil - dried and ground to a powder.

3 parts Myrrh - ground to a powder.

For Both - or for The Divine:

Equal parts Basil and Myrrh

Blend these together very well. Use a hot coal to burn. If you are experienced in making incense cones this is a very good recipe to develop into cones as it holds together nicely.

Kitchen Witchery

Pesto

1 1/2 cups (360 ml) fresh Basil leaves
2 cloves Garlic
1/4 cup (60ml) Pine Nuts, Cashews, or Walnuts
3/4 cup (180 ml) Parmesan cheese, grated (fresh is best)



3/4 cup Olive oil
Chop the basil in a blender or food processor. Add the nuts and garlic and blend into a puree (a fine creamy paste), then add the cheese. Slowly add most of the olive oil until the consistency is of creamed butter. Pack into a container, removing air pockets, and pour the remain 2 tablespoons (30 ml) of oil on top to keep the Pesto from darkening. Refrigerate or you can freeze individual portions in an ice cube tray.

Basil and Cheese Bread (or biscuits)



Any existing unbaked bread or biscuit recipe (even Pillsbury) can become mouth-watering Basil and Cheese Bread (or biscuits). This recipe uses the Pillsbury French Bread. You may need to adjust for other bread or biscuit types.

1 tube Pillsbury French Bread.
2 tablespoons Dried Basil (spice ground)
1/4 cup Parmesan Cheese
Knead all ingredients together and reform the French Bread for baking. After the bread or biscuits are done you can even butter them with garlic butter for an extra special taste. Or add the dried basil and parmesan cheese when making your bread.

Basil Vinegar and Oil Salad Dressing

1 cup Apple Cider Vinegar
1/4 cup Dried Basil (spice ground)
1/2 cup Olive Oil

Place the vinegar and Basil in a jar or bottle that tightly seals. Make sure your jar or bottle is large enough that you can add the olive oil later. Shake well. Place this in your refrigerator and allow it to steep for one week - shake it every time you open the refrigerator. At the end of the week add the olive oil. You must shake this every time you use it. Note: You can buy some nice looking bottles to do this in, just make sure that your bottle will hold all the ingredients.

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TKG Events Management has an enviable track record of delivering creative event solutions for our clients. The company is built on ingenuity, resourcefulness, exceptional production values and seamless delivery.

Our contemporary approach provides our clients with a practical solution to creative ideas, with a high level of personal service, communication and meticulous program management.

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Let us bring value, imagination and energy to your project. Call Theresa Gregory to discuss your next event on 413 219 112 or email gregorytk@bigpond.com.



Kite Magic A TRIBUTE TO THE ELEMENTAIR by Tracy Jeffery

A pagan children's book which explores the concepts of The Elements, Basic Magic and The Law of Return, and is suited to children aged 3 - 9 years old. Available only from...

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Jupiter in Taurus

June 2011 – June 2012

By Julija Simas



We may feel as though the year has flown by faster than ever as Jupiter has flown through Aries in just 6 months. Now with Jupiter entering the grounded sign of Taurus, ideas, projects and plans start to feel more stable and realistic; it seems more likely that they will actually turn into something productive. Even if this seems not to be the case, it is exactly what needs to happen – if you've had great ideas and plans bugging you, now is the time to develop them, put them to work, make something of them, or else they will just disappear as yet another wonderful vision of Aries potential spent with nothing lasting to show for it.

Taurus is the zodiacal phase to implement the bold visions of fiery Aries, to plant those ideas in fertile soil, to let them grow towards their ultimate fruition. Physically support them, make them real and tangible. With Taurus being fixed earth, the five senses are centrally involved: we have to be able to see, hear, taste, smell or touch it to know it is real. Taurus is not concerned with the invisible ideas and inspirations, with the philosophical frameworks or the grand visions – the purpose of Taurus is to ground these plans,

to substantiate them, make them real and deliverable, to give form to them.

Jupiter will stay in Taurus until June 2012, so we have some 13 months in which to bring these creative ideas down to earth. The drawback with Taurus however is inertia, getting stuck, or getting mired in the sensual experience and not wanting to move on – and with Jupiter this can develop into a sort of over-identification with physical value, wallowing in the delights of the physical world but not leaving anything lasting or solid on which to build or develop further. The shadow side of Jupiter in Taurus is avarice and cupidity, excessive identification with possessions and physical value, beauty, sensuousness and money. It is wise to remember that this – like all zodiacal phases – is but one stage in an ongoing process, a stage of physical growth and healthy identification with what is of lasting value, with what can be a physical foundation for the developments of the future. So make things real and of lasting quality, but don't confuse quality with quantity!

Taurus is also a sign that resonates strongly with the Moon – in classical astrology the Moon is said to be exalted in Taurus. There is a deep earthy femininity to this sign, a connection with 'Mother Nature' and all that is fecund and fertile – sexuality, beauty, the body, pleasure – aspects of human nature that connect us to deeper instinctual drives and that point to our commonality with the other animals, plants and living things around us. The Earth Mother. The fixity of Taurus gives intense focus, and when its natural and undeniable truths are denied or ignored it is capable of powerful and frightening fury, just like the bull charging at the red flag. There is here a primal urge to ground truths and to

gain natural and healthy satisfaction of desires and it won't rest until that has happened. Stamina, sustained forces, a kind of momentum borne of whole-body identification, endurance, lustiness and natural resilience – these are the qualities that deliver real results. Not giving up is a key here. The fortitude to stay the course.

Real rewards come to those that do exactly that.

As Jupiter enters Taurus it sextiles Neptune as Neptune begins its journey retrograde. Due to Neptune's position in Pisces a sextile between these two planets in these two signs, has not been experienced since 1857-58. Neptune and Jupiter travel well together, both attuned to expansive energy and Taurus and Pisces fair well together too as the feminine qualities of groundedness and reality merge with dreams and ideals and

beautifully come together in divine understanding. Will we notice the difference when Neptune retrogrades back to Aquarius in August, leaving only a few months again with these two planets in Pisces and Taurus for a few months from Feb till June 2012. Let's take this opportunity to channel some divinely inspired yet real outcomes. That are usually more difficult to grasp.

Jupiter will remain in Taurus till June 2012. After a retrograde period from 30 August 2011 until 26 December 2011, it begins its journey again direct through Taurus at zero degrees, giving us all enough time to make sure things are done well and completed properly.



**The Cosmic Intelligence Agency
(C*I*A)**

Is a global network of individuals and astrologers
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CONSCIOUSNESS, INTENTION, ASTROLOGY.



SPACE CLEARING CONSULTATION

Sometimes your house or office can feel uncomfortable, and there is no real reason to explain your uneasy feeling. Other times, it's easy: someone has been there that was negative, ill or died. There may be instances when you moved into a space and just felt like someone else was there, or the space just didn't feel right.

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The space clearing consultation takes between 1 – 2 hours and costs \$80 plus travelling costs if outside the Sutherland shire.

Space Clearing Bookings
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Phone: 0408025268

Adriana's Book Corner



Merry meet!

In this issue I interview Jane Meredith about her new book, **"APHRODITE'S MAGIC. Celebrate and heal your sexuality"**. It was wonderful meeting Jane, her soul inspires peace and joy; I hope I can meet her again in ritual or over a cup of coffee.

To know more about Jane's work, visit www.janemeredith.com



1. Can you tell us about your life as Priestess and writer?

Jane believes she has been able to weave them together with her book. She has always been a writer, however came to associate writing with being a Priestess lately. For her being a Priestess of the Goddess is someone who has a connection to the Divine, but also a responsibility to the Community and the Earth, and writing comes as part of that responsibility to communicate to others what she has experienced.



2. What inspires you to write?

Jane loves words, language, and the English language. And she love books! They are truly magical. She devours them, their meaning, and their sounds. Jane loves the Qabbalistic relation to the word in that it is more than a symbol, it is the thing itself, with which you can connect (through what it represents); it is a creation in a magical context. She loves the fact that words are alive when you put them down on paper, and then when someone picks it up and reads it.

3. What and who has influenced you in your writing?

Jane said that every book she has ever read has influenced her. She is a very critical reader, thinker, person, so part of what has influenced her is that critical part of herself, as she get inspired to be practical as a writer, to not only give theory but show how to put it into your everyday life.

A person who has influenced Jane in her writings is Emma Restall Orr; she is a Druid in England and she wrote a wonderful book about year of her own rituals, how she did them, what influenced them, etc. (the book is *Spirits of the Sacred Grove*, 1998)

4. In your view, what is/are the main teaching/s of Paganism?

Paganism is an umbrella term, but in general it is about valuing personal experience (more than received teaching), and the recognition that humans are part of the Universe. It is Earth-centred practise that is embodied, which means you in your body and the body of the Goddess which is Earth, and that

means honouring Earth and all forms of life, as they are all sacred, humans included (and not being any more or any less).

5. What does the Goddess mean to you and what can you tell us about how you relate to Her?

Jane's relationship to the Goddess has shifted and developed over the years. Originally it was very personal, Jane feels she hasn't lost that but now it has broadened as well. It started with her exploration of Innana, Persephone, Isis, now it is the Earth and all in it, the Goddess as the life force. Jane's relationship as being part of the Earth has also shifted, from being in the Mother, to being a Mother as well, in the sense of being a protector for the Earth.

Sometimes Jane relates to the Goddess by swimming in the ocean; she feels cradled by her waves, carried in her water.

Jane may also invoke a particular Goddess at times, depending on what she is working on; she invokes them and then wait to see what unfolds, what the Goddess wants to give her. At present she told me she is invoking Freya. We are all aspects of the Goddess and the God; so you need to honour yourself and others if you want to honour them.

6. How did you get into Earth-based spirituality?

Jane answered with no hesitation and with a lot of passion that she was born to it. She wasn't raised in any particular religion, but always loved fairy tales and myth. She talked to the trees, listened to Nature, to the rivers; she has always felt a strong relationship to the Earth.

7. What would you say a Modern Pagan is?

An eclectic, Paganism for Jane is just emerging and evolving. People locked away in their private Covens is on the out, Jane believes there is going to be a cross-over with people honouring the Earth as sacred, practising their spirituality in more everyday ways.

8. What is the most important thing for you about your spirituality?

"It defines who I am. It is my backbone, my inner core. The essence is the place for me, the seed for me. There is certainty"; Jane said she hasn't experienced doubt regarding her spirituality, there is no place for doubt as this is a spirituality that is lived, embodied.

9. Can you tell us about The Circle of Eight?

Jane noted it all started with a lot of travelling, from the North to the South hemisphere, back and forth, so much travelling that she ended up quite confused about which season to celebrate when and where as she could be leaving right in Summer, arriving somewhere else ready to celebrate Yule. So she wanted to make a Magical system that would make sense wherever you might be, something consistent across the planet.

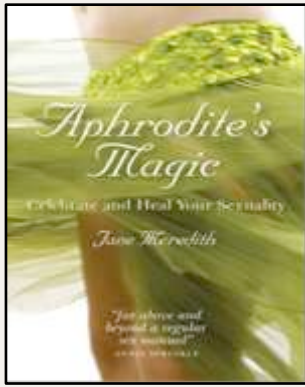
For example, Samhain and Beltane are opposite each other in the Wheel, but they have more in common than they do with the seasons before and after.

The Circle of Eight is like a compass, a circle with 8 points on it, marking N, NE, etc. Jane also wanted it to be localised, creating a ritual that is completely relevant for how it is where you are; it is also based on Celtic tradition.

Ideally you have a group of 8 people, who would work on each direction for a month. Then you move on to the next direction and so on. Jane also wanted to find 8 actual places which she and her group visited and then would call into their ritual. These 8 places are within natural parks (open to everyone) and make a loose circle.

Jane said she is thinking of starting the Circle of Eight here in Sydney as she has recently relocated here. I hope she does and soon!

10. Tell us about your last book, Aphrodite's Magic.



It is based on a workshop Jane runs and covers 7 aspects to do with women's sexuality (the next workshop will be in Sydney on 30 – 31 June; (for more information visit Jane's page www.janemeredit.com); those 7 aspects have related to the Chakras. Jane wanted the book to be practical, embodied, not theoretical.

In her book, she works down the Chakras instead of up, from the Crown to the Base Chakra which is the genitals, working through to the core of women's sexuality and women's relation to their own body, their own relation to the Goddess, the sacred feminine on Sexuality. It is for the woman's own sake, to improve the relationship with their own body and their own sexuality; it is not designed to improve relationships with others. Aphrodite is the perfect Patroness for this work as she is not defined by relationships; she has her own sexuality and is in love with it.

The book is hands-on, if you do all exercises and rituals you end up with 7 cords, which you can then weave into a Magical Girdle, like Aphrodite had, to heal and celebrate your sexuality. (You can get the book in any good bookstore –such as Phoenix Rising, the Feminist Bookshop or Adyar, or Amazon)

11. You mention the light and dark aspects of the Goddess quite regularly. How do you work with these aspects?

Jane said she has worked a lot with the dark aspect of the Goddess. By dark she means hidden, sacred, to do with the mysteries. The

light and the dark are both parts of one, like day and night are both parts of one.

Dark Goddess holds powers that are belittled in our society. In her realms we can find a lot of the Sacred that has been lost to us. Working with the Dark Goddess is related, but not the same as Shadow work, for you are working with the Mysteries, with Initiations, not with your personality as in Shadow work.

12. You have mentioned that you are working towards your next book, Journey to the Dark Goddess, what can you tell us about it?

It is going to be also a hands-on book about how to journey to and back from the Dark Goddess. The book has a strong basis in myth and Jane works mainly with the Myths of Persephone, Innana, Psyche, but also mentions the story of Christ and his death and resurrection.

There are 4 parts of the book: preparing for the descent, descending, staying down within the Dark Goddess, and ascending back. Jane commented she is planning to have it published by mid next year.

13. Three most influential books in your life are...

As a writer but also as a human being, Jane read all three books in her 20's and they have remained very powerful in her memory:

- Riddley Walker by Russell Hoban (1980), which is a science fiction novel where a lot of the language is made up by the author. It is post-apocalyptic and speaks of a new mythology.
- Gyn/Ecology by Mary Daly (1978), which is a theoretical book about the oppression of women under patriarchy. Jane believes it's the most powerful analysis of patriarchy.
- The Lesbian Body by Monique Wittig (1975), which is a fictional book about what would happen if there was only woman body in the world. It's an exploration of what femininity would be if there was no masculine.

WITCHY CRAFTS

Imbolc Incense



Imbolc is the celebration of the coming of spring, of hope, purification, new beginnings, and growth, fertility and of desires yet to be realised.

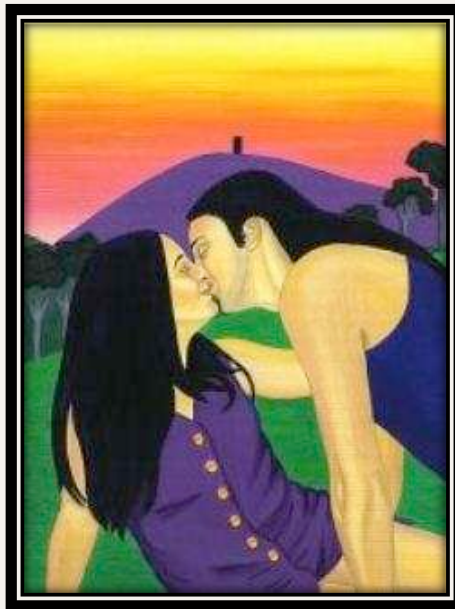
Imbolc Incense

3 parts Myrrh
3 parts Frankincense
2 parts Dragon's Blood
1 part Cinnamon
1 part Benzoin
1/2 part Sandalwood

Imbolc Oil

3 drops Ginger
2 drops Clove
1 drop Rosemary
1 drop Cypress

JULY TAROT READING Six of Chalices



With the complexities of the world bearing down on us it is a good time to start opening our hearts to the simple pleasures of life. Can you remember the joy of youth and sexual innocence? These fond memories can inspire us to

fuel the playful aspects of our personalities and embrace love and life. The Six of Chalices speaks of a generous heart and spirit and of all the kindnesses we should give to others as well as for ourselves.

Let's not forget that we have the power within us to create our environments by surrounding ourselves with the people and experiences that add value to our lives. This card represents the choice of goodness, clear consciences and innocence.

If we can believe in these qualities we will help them to grow in ourselves.

Tarot card is from Glastonbury Tarot by Lisa Tenzin-Dolma

<http://paganwiccan.about.com/od/magicaloils/qt/ImbolcOil.htm>
<http://paranormalutopia.com/2011/05/make-your-own-imbolc-incense511/>

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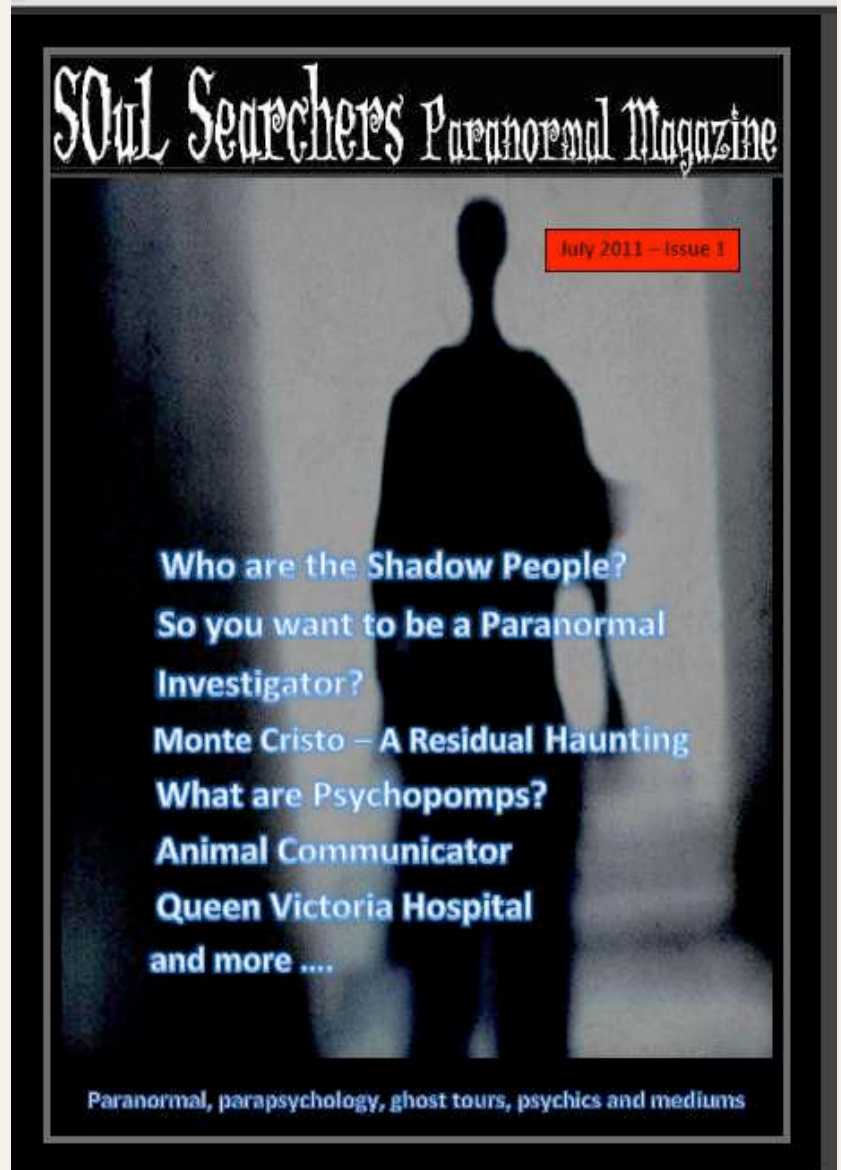
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Welcome to SOuL Searchers Magazine.

This free bi-monthly online magazine was developed from SOuL Searchers Investigations as a way of communicating our experiences and to further our explorations into the realms of the supernatural and the unexplained.

Our magazine is produced every two months and provides topical information to keep you up to date on news and the latest developments happening in the Australian paranormal community. In addition to our announcements on upcoming activities and events, SOuL Searchers Paranormal Magazine will contain articles, photos and information on the paranormal, parapsychology, ghost tours, mysterious locations, psychics and mediums etc.



Click on the magazine cover to see the first issue

Join our Mailing List

...so you'll know when a new issue is available.

WHAT'S HAPPENING AT SOL?

SOL Full Moon Circle July 15, 2011



Spheres Of Light holds regular Full Moon Circles near Engadine (Southern Sydney, Australia) on the Friday before each Full Moon. These Full Moon gatherings are Open Circles, meaning that all Pagans are welcome to come along any time and experience a Full Moon circle with us. [Details here...](#)

SOL Meditation in the Royal National Park Sunday July 17, 2011



[Click here for more information.](#)

Come join us for meditation in the beautiful surrounds of The Royal National Park. Our meditations will be conducted every third Sunday of the month. Please email inquiries@spheresoflight.com.au for times and meet up details.

(Please Note: you must be over 18 years of age to attend any SOL gatherings, events, classes & workshops.)

OTHER PAGAN AND COMMUNITY EVENTS

Please email us the details of any pagan or community events, classes, workshops or regular meetings that you'd like to see promoted here in this free listing.

PAN Full Moon Public Circle Thursday July 15, 2011 at Seven Hills, Sydney ([map](#))



Date: Thursday August 14, 2011 at 8:30pm
PAN Inc. full moon ritual. PAN runs a public full moon ritual each month at Rotaract Hill, Seven Hills. Anyone is welcome to attend - the purpose of the ritual is to provide members of the pagan community an opportunity to celebrate the full moon together & network with friends, it is also a public ritual where those new to paganism can attend to learn more and meet like-minded others, and the rituals also help inform the general public about what pagans do and dispel misguided myths about paganism and witchcraft.

The circle is held on the top of Rotaract Hill on Terminus Road Seven Hills NSW, just next to the train station. Getting there is easy. If you take the train, the hill is less than five minutes' walk (and easily visible from the station). If you drive, there is plenty of parking available both at the base of the hill and across Terminus Road. Full Moon info and contact details here.



Workshops at Miranda (Embrace) & Wollongong (Lotus)

All of the workshops are highly interactive and experiential, focusing on the participation and engagement of participants.





SOuL Searchers is Spheres of Light's paranormal investigations subgroup. They use a common sense scientific approach to all investigations but also have an open mind to all theories & methodologies.



Crone and Sage is a website that is dedicated to our pagan elders who want to share their knowledge and wisdom, magic and life experiences in the form of articles, poetry, recipes, artwork and music.



The Spheres Of Light Holistic Centre has within its members practitioners who can provide Spiritual Healing in a variety of natural healing modalities.



If you want to know about current topics click [here](#). This is a place where you can discuss ideas and catch up on general news. So if you want to participate please become a member as we would love to hear from you.



The National Pagan Directory is a Spheres Of Light initiative to help Australian Pagans connect with each other in their local area. It is a FREE listing & provides links to information about covens, groups, workshops, retreats & other special Pagan events, plus Aussie Pagan businesses & services. If you would like your coven, group, regular meet-up to be listed in the NPD please send us your details. To list your one-off or special events please use our Australian Pagan Events forums. We also invite Celebrants in the Pagan community to promote their services in the NPD. For further information & contact details click on the banner above.



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Keep up to date with SOL's activities via Facebook.





Spheres Of Light

We stand in our power. The spark within us is one with the eternal flame that guides and sustains us on our journey.

ABN 46 385 794 818

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